

Table S2: Records excluded after screening of title and abstract with reasons for exclusion.

Record	Reason for exclusion
Afonso, 2012 [1]	Not on multiple sclerosis
Alajbegovic, 2011 [2]	Not on yoga; no clinical trial
Amato & Portaccio, 2012 [3]	No clinical trial
Atri, 2012 [4]	Not on yoga
Aung, 2012 [5]	No clinical trial
Berkman, 1999 [6]	No clinical trial
Bernardi, 2001 [7]	Not on multiple sclerosis
Bhavanani, 2012 [8]	Not on multiple sclerosis
Boehm, 2012 [9]	No clinical trial
Bombardier, 2013 [10]	Not on yoga
Bowling, 2010 [11]	No clinical trial
Bowling, 2011 [12]	No clinical trial
Bowman, 1997 [13]	Not on multiple sclerosis
Branas, 2000 [14]	No clinical trial
Brown, 2009 [15]	No clinical trial
Cassileth, 2010 [16]	Not on multiple sclerosis
Chaitow, 2013 [17]	Not on multiple sclerosis
Susan Coote, 2009 [18]	No clinical trial
Coote, 2013 [19]	Not on yoga
Crayton, 2006 [20]	Not on yoga; no clinical trial
Dabhade, 2012 [21]	Not on multiple sclerosis
Dash, 1999 [22]	Not on multiple sclerosis
Eguíluz, 2013 [23]	Not on yoga
Engelbretson, 2002 [24]	No clinical trial

Esmonde, 2008 [25]	No clinical trial
Fawcett, 1994 [26]	No clinical trial
Fowler, 2006 [27]	No clinical trial
Fryze, 2006 [28]	No clinical trial
Galantino, 2003 [29]	No clinical trial
Hankin, 2010 [30]	Not on yoga
Harper, 2009 [31]	Not randomized
Hayes, 2010 [32]	No clinical trial
Hessen, 2006 [33]	No clinical trial
Huntley, 2006 [34]	No clinical trial
Jain, 2004 [35]	Not on yoga
Jensen, 2007 [36]	Not on yoga
Jovanov, 2005 [37]	Not on multiple sclerosis
Kabat-Zinn, 2002 [38]	No clinical trial
Latimer-Cheung, 2013 [39]	No clinical trial
Lee, 2012 [40]	Not on multiple sclerosis
Lovera, 2012 [41]	Not on yoga
Mackereth, 2009 [42]	Not on yoga
Madanmohan, 1992 [43]	Not on multiple sclerosis
Maguire, 1996 [44]	Not on yoga
Mailhan, 2012 [45]	No clinical trial
Markil, 2012 [46]	Not on multiple sclerosis
McDonnell, 2011 [47]	No clinical trial
Meyer, 2012 [48]	No clinical trial
Miller, 2006 [49]	No clinical trial

Mishra, 2012 [50]	No clinical trial
Molina-Rueda, 2009 [51]	No clinical trial
Monika, 2012 [52]	Not on multiple sclerosis
Muralikrishnan, 2012 [53]	Not on multiple sclerosis
Nayak, 2003 [54]	No clinical trial
Oken, 2006 [55]	Not on yoga
Ozura, 2011 [56]	No clinical trial
Page, 2003 [57]	No clinical trial
Pal, 2012 [58]	Not on yoga
Patil, 2012 [59]	No clinical trial
Patra, 2010 [60]	Not on multiple sclerosis
Pearce, 2012 [61]	Not on multiple sclerosis
Penner, 2006 [62]	No clinical trial
Piwko, 2007 [63]	No clinical trial
Pozzilli, 2006 [64]	No clinical trial
Pritchard, 2010 [65]	Not randomized
Rae-Grant, 2011 [66]	No clinical trial
Rodgers, 1996 [67]	Not on yoga
Rothenberg, 2003 [68]	No clinical trial
Ryan, 2002 [69]	No clinical trial
Salgado, 2013 [70]	Not randomized
Schwarz, 2008 [71]	No clinical trial
Senders, 2012 [72]	No clinical trial
Shakeel, 2010 [73]	No clinical trial
Shigaki, 2006 [74]	No clinical trial

Shinto, 2006 [75]	No clinical trial
Skovgaard, 2013 [76]	No clinical trial
Stevinson, 2011 [77]	No clinical trial
Tavee, 2012 [78]	Not on yoga
Tavee, 2010 [79]	No clinical trial
Telles, 2013 [80]	Not on multiple sclerosis
Thompson, 2005 [81]	No clinical trial
Vojdani, 2011 [82]	No clinical trial
Wahbeh, 2008 [83]	No clinical trial
Walker, 2007 [84]	No clinical trial
Wiles, 2008 [85]	No clinical trial
Winterholler, 1997 [86]	No clinical trial
Yadav, 2006 [87]	No clinical trial

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